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THE HIGHEST  
BIDDER** {page 19}



EDMONTON

# metro

Tuesday, May 24, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth sharing.



## Bus tour reassures residents

► Evacuees say they now understand why they won't be allowed back home soon

Residents of Slave Lake knew there would be shock and tears when they boarded buses yesterday to briefly return to their fire-ravaged town. But it was the optimism they felt by the end of the trip that caught them by surprise.

"It made me feel much better," said Brenda Derkoch after stepping off the bus that returned to the evacuation centre in Athabasca.

"My house is gone, all my neighbours' houses are gone, but we have all our schools. We have the hospital. We have so many people out there working so hard for us," she added.

Still, seeing the smoldering, levelled wasteland the fire left behind

was tough.

"It looked like a nuclear bomb had hit it," said Gerry Gliege. "It's hard to even recognize where your own place is."

One week after a wildfire blazed through the town, reducing a third of its buildings to ash and rubble, some 250 people boarded buses to briefly return to the area for a first-hand look at the charred remains.

A total of five buses from three different evacuation centres made the trip to Slave Lake yesterday, and another 250 people will be allowed to make the trip today.

No one was allowed to get out of the bus during the tours.

THE CANADIAN PRESS

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1

news



Health experts offer ways to break the habit of unhealthy late-night snacking. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at [2dscan.com](#).

On the web

**The burden of Canada's shortfall on UN commitment to accommodate the mentally disabled weighs heavily on parents.**  
**Video at metronews.ca**

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## Pilot injured in second helicopter crash

A helicopter pilot was injured yesterday in northern Alberta in the second chopper accident in the province in less than a week. Capt. Al Baldry at the Joint Rescue Communications Centre at Canadian Forces Base Trenton says the helicopter, which crashed north of Calling Lake, was not involved in battling wildfires. Baldry said the pilot's injuries are not life-threatening. Another helicopter that was fighting wildfires crashed Friday into Lesser Slave Lake, killing the pilot. The Transportation Safety Board is still investigating that crash. • METRO

## Eatery reopens following shooting

A north-side Earls restaurant opened for business again yesterday after a double shooting occurred at the establishment Saturday afternoon.

Two male victims remain in hospital with non-life-threatening injuries after being shot at while exiting the restaurant located at 133 Avenue and 50 Street around 3:20 p.m. Saturday, police said.

The victims are known to police and not co-operating with investigators.

• METRO

► Chef Deb Parker of Highlevel Diner shows off a homemade veggie burger and tabouleh salad, among the eatery's healthy food choices for patrons.



SHELLEY WILLIAMSON/METRO

# Menu program cost tough to swallow

► Chains embracing Health Check system, which comes with significant fees  
 ► Smaller businesses opting to spread their own word on menus' food worth



**SHELLEY WILLIAMSON**  
 @METRONEWS.CA

The price of joining a program listing healthy food options is leaving a bitter taste on the palates of some local eatery owners.

Heart and Stroke's Health Check program lets restaurants show checkmarks next to approved menu fare.

Participation involves an annual fee of \$1,350, plus

per-item costs of \$150 to \$700 each.

"In my opinion, that's a pretty steep price to pay to say we're healthy," said chef and co-owner Deb Parker of Highlevel Diner.

The 30-year-old mainstay on 109 Street has long dished up healthy fare, which now includes its own ketchup — with half the sugar and a sixth of the salt of big-box competitors.

"We like to know where our food is coming from,

which to me is more important," said Parker, adding she mainly buys local, including meat free of antibiotics and hormones.

The program's national director, Terry Dean, said getting chains involved — like Extreme Pita, Pizza Hut and Swiss Chalet — was intended to influence more people.

"We are hoping that as our program does evolve, we are able to come up with some options that are

### History

► Health Check was launched for grocery stores in 1999 and restaurants in 2009, as a means to give Canadians informed healthy options.  
 ► In March, Husky House and the Seniors Association of Greater Edmonton signed on.

more applicable to single operators," he added.

WITH FILES FROM JEREMY NOLAIS

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## CHINA GATE CONNECTOR

**Proposed LRT line still worries residents**

Concerns raised in December are back, as a council committee will discuss a slightly tweaked concept plan for the downtown LRT connector tomorrow.

"It's quite difficult to incorporate everybody," said Adam Laughlin, with the city's planning department. "We tried to address some of the concerns."

The line will run



along 104 Avenue, south on 107 Street and east on 102 Avenue to a tunnel on 96 Street, connecting the southeast and west lines.

Changes include the location of the 107 Street station, and traffic on 102 Avenue with regards to parking and a two-way bicycle lane, said Laughlin.

Members of the Chinatown, Boyle Street and Riverdale communities held a rally Saturday to push the line north to 102A Avenue to run less interference with the Chinese community and benefit other sites, such as the future Royal Alberta Museum.

HEATHER MCINTYRE

SHELLEY WILLIAMSON/METRO

**Tory leadership race may change face of Alberta**

- Candidates reflect diverse race, gender, age
- Party at crossroads, political scientist says



Alberta may break the colour barrier, the age barrier or the glass ceiling when the Progressive Conservatives elect a new leader and premier this fall.

Voters have elected 13 premiers since Alberta became a province in 1905.

They've come from the Liberals, United Farmers, Social Credit and Progressive Conservatives. They've been urban and rural, from north and south. But they have also all been white and male.

**In the running**

- Rick Orman, who hasn't been in politics for almost 20 years, finished third to Ralph Klein in the 1992 leadership race.
- Gary Mar who recently resigned as Alberta's representative in Washington, D.C., is also seeking the top job.
- Mar would be Alberta's first premier of Asian descent, Alison Redford would be the first woman and Doug Griffiths, at 38, would become one of the youngest premiers.

That could change when Premier Ed Stelmach steps down in late September or early October.

Six candidates have declared their intention so far to run for his job, including four sitting members of the legislature: Former finance minister Ted Morton, former deputy premier Doug Horner, former justice minister Alison Redford and backbencher Doug Griffiths.

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**News in brief****Assault victim dies**

**CRIME.** An autopsy will be held this week on a 20-year-old man who died on the weekend of injuries resulting from an aggravated assault in northeast Edmonton last Thursday. It is the city's 23rd homicide of 2011. Anyone with information is asked to call EPS at 780-423-4567.

● METRO

**Boy dies in scooter crash**

**COLLISION.** A 12-year-old

boy is dead after a motor-scooter collision near Priddis, Alta., on Sunday. Turner Valley RCMP and EMS rushed to the scene at about 6:45 p.m. after the boy lost control of the motor scooter and struck a gate, RCMP said. The boy was visiting from Redwood Meadows. He was not wearing a helmet.

● METRO

**Charges laid in 22nd murder**

**HOMICIDE.** A woman has been charged in the stabbing death of 55-year-old John Gavin Lindsay. Police responded to a call on Friday at about 7:30 a.m. in the area of 110 Avenue and 83 Street. Lindsay was taken to hospital and died two hours later, police said. Debra Rivera, 51, is charged with second-degree murder.

● METRO

# More pets recovered

## ► Humane society team may return to Slave Lake this week ► Animals moved to EHS from Expo Centre

The animal-rescue mission continued in fire-ravaged Slave Lake this weekend, with the Edmonton Humane Society recovering 50 more pets from the wreckage.

"Remarkably, we haven't found an animal that required serious medical care," said EHS spokesperson Shawna Randolph. "We've only come across two animals that had burns. They were both cats. One required some antibiotic ointment on its paws."

Seventy animals that were being housed at the Edmonton Expo Centre were moved to the EHS shelter as well, bringing the total number of rescued animals in their care to 120.

"The rescue effort has



► A tarantula, among many other pets, has taken shelter at the Edmonton Humane Society until its owners, who have had to relocate, will be able to care for it again.

been so rewarding," Randolph said yesterday. "We have matched so many animals to their owners, but it is still a tragic situation."

Most of the owners cannot come to pick up their lost pets, since people are

still without homes and are dealing with the aftermath of the disaster.

Anyone looking for a missing pet is asked to call the dispatch number at 780-491-3850.

Donations of food or pet

**Rescue mission**

- More than 270 animals have been rescued by the EHS team over the past week.
- Most pets have been reunited with their owners, but about 15 per cent have yet to be claimed.
- Rescued animals include a bearded dragon, a corn snake, an Amazon parrot and a tarantula.
- No bodies have been found, but it is believed that some animals may have perished in the fires.

supplies are not being requested. However, financial donations are greatly needed. Those who wish to make a contribution can do so at [edmontonhumane.org](http://edmontonhumane.org).

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**News in brief****Obama toasts Irish roots**

U.S. President Barack Obama visited the Irish town of Moneygall yesterday where his great-great-great grandfather lived before moving to the United States in 1850. Obama's Irish roots were discovered during the 2008 presidential campaign.

THE ASSOCIATED PRESS

**EU urges Mideast talks**

The EU will push other world powers this week

for a resumption of Mideast talks since U.S. President Barack Obama called for a peace treaty between Israel and the Palestinians based on the 1967 borders. A joint statement from EU ministers says that it is a "matter of urgency."

THE ASSOCIATED PRESS

**Book tells all about Palin**

A former member of Sarah Palin's inner circle, Frank Bailey, has written a scathing tell-all of the former vice-presidential candidate. Blind Allegiance to Sarah Palin: A Memoir of Our Tumultuous Years is based upon emails kept during Bailey's time with Palin. The Alaska attorney general's office is investigating the use of the emails.

THE ASSOCIATED PRESS

# Rapture in October?

- Preacher sought refuge in motel after prediction failed to occur
- Crestfallen followers turn their attention to more earthly concerns

California preacher Harold Camping said yesterday his prophecy that the world would end was off by five months because Judgment Day actually will come on Oct. 21.

Camping, who predicted that 200-million Christians would be taken to heaven Saturday before the Earth was destroyed, said he felt terrible when his doomsday prediction did not come true. His independent ministry, Family Radio International, spent millions — some of it from donations made by followers — on more than 5,000 billboards and 20 RVs plastered with the Judgment Day message.

But Camping said that he's now realized the apocalypse will come five



► Becky Friedman stands outside a Rapture party on Saturday in Tacoma, Wash.

months after May 21, the original date he predicted. He had earlier said Oct. 21 was when the globe would be consumed by a fireball.

It's not the first time the independent Christian radio host has been forced to explain when his prediction didn't come to pass.

He also predicted the apocalypse would come in 1994, but said it didn't happen then because of a mathematical error.

Camping made a special statement before the press at the Oakland headquarters of the media empire that has broadcast his message. His show, "Open Forum," has for months headlined his doomsday message via the group's radio stations, TV channels, satellite broadcasts and website.

Apocalyptic thinking has always been part of American religious life and popular culture. But the majority of Christians reject the idea that the exact date or time of Jesus's return can be predicted.

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# Twister death toll may rise

► Threat of more severe weather for Midwest ► Search-and-rescue efforts hindered by thunderstorm

Rescue crews in Joplin, Mo., dug through piles of splintered houses and crushed cars yesterday in a search for victims of a tornado that blasted much of the Midwestern town off the map and slammed straight into its hospital.

At least 116 people died, making it America's deadliest single tornado in nearly 60 years and the second major tornado disaster in a month. An unknown number of people were hurt.

Authorities feared the toll could rise as the full scope of the destruction comes into view: House after house reduced to slabs, cars crushed like soda cans, shaken residents

## Powerful storm

- Tornado was given an initial rating of EF4, the second-highest on the scale.
- It moved up to 318 km/h and was 1,800 metres wide at times.

roaming streets in search of missing family members. And the danger was by no means over. Fires from gas leaks burned across town, and more violent weather loomed, including the threat of hail, high winds and even more tornadoes.

The twister was one of 68 reported in the Midwest last weekend.

THE ASSOCIATED PRESS



CHARLIE RIEDEL/THE ASSOCIATED PRESS

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# Flights grounded due to volcanic ash cloud

A dense ash cloud from an Icelandic volcano blew toward Scotland, causing airlines to cancel flights this morning, forcing U.S. President Barack Obama to shorten a visit to Ireland, and raising fears of a repeat of last year's huge travel disruptions in Europe that stranded millions of passengers.

Britain's Civil Aviation Authority said it appears that ash from the Grimsvoetn volcano could reach Scottish airspace early today and affect other parts of the U.K. and Ireland later in the week.



► Farmers Thormar Eller and Henny Hrund go to check their livestock as an ash cloud is seen in the background.

Still, authorities say they don't expect the kind of massive grounding of flights that followed last year's eruption of the Eyjafjallajokull volcano in Iceland.

THE ASSOCIATED PRESS

## Airport reopened

Iceland's main airport, Keflavik, and domestic airport, Reykjavik,

reopened yesterday after being closed for almost 36 hours. Officials say flights between the Arctic islands of Svalbard could still be affected.

THE ASSOCIATED PRESS

**6K** The plume was drifting at a height of 6,000 to 10,000 metres, the normal altitudes for passenger airliners, an official said.

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# Harper will meet, but he certainly won't tweet

► G8 summit scheduled for this week in France

JACQUES BRINON/THE ASSOCIATED PRESS



► Oxfam international activists pose as U.S. President Barack Obama, left, and France's President Nicolas Sarkozy, wearing giant caricature masks at a poker table in a gambling club in Paris yesterday.

Prime Minister Stephen Harper will follow seven other world leaders to the French seaside this week for the G8 summit. But he doesn't follow them on Twitter.

Seven of the eight G8 leaders have a presence on the microblogging site.

Italian Prime Minister Silvio Berlusconi is absent from the site. Harper doesn't follow any of the accounts for the British, Japanese or French prime ministers or the German chancellor, according to doesfollow.com. The Russian president is also the only leader Harper follows.

The way leaders use social media is out-of-sync with the protocols of diplomatic relations, suggests Matthias Lufkens, associate director for media at the World Economic Forum.

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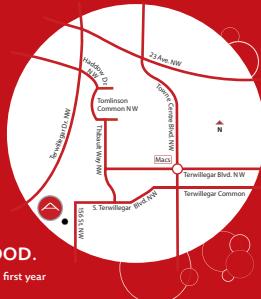
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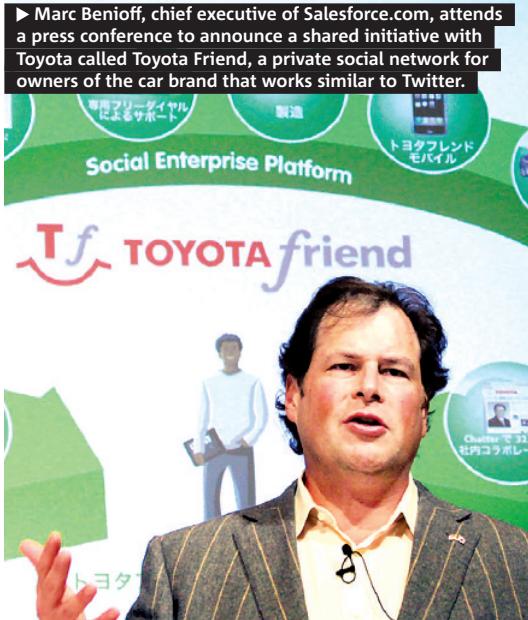
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## ツトワーク



## News in brief

## Toyota needs to listen: Panel

**SERVICE.** An independent panel set up to review Toyota Motor Corp.'s safety and quality issues says the company doesn't do a good job of incorporating customer feedback into its car designs.

The panel says Toyota should appoint executives who are responsible for safety and should give more power to regional executives outside Japan. **THE ASSOCIATED PRESS**

## Shares drop for Ryanair

**AIRLINE.** Ryanair shares are falling after the leading budget airline announced it would ground 80 aircrafts this winter and reduce passenger traffic for the first time in its history.

The Dublin-based airline said weak winter demand meant it would cost less to ground the jets — more than a quarter of its fleet — than to operate them at a loss from October to March. The airline carries four per cent fewer passengers than in the previous winter.

**THE ASSOCIATED PRESS**

KOJI SASAHARA/THE ASSOCIATED PRESS

# Toyota gets networking

► Car company hopes social networking plan will inspire customers to give feedback about how cars are working ► Is investing \$5.5 million

Toyota is setting up a social networking service with the help of a U.S. Internet company and Microsoft so drivers can interact with their cars in a way that's similar to posting on Facebook or Twitter.

Japanese automaker Toyota Motor Corp. and Salesforce.com announced their alliance yesterday to launch Toyota Friend, a private social network for Toyota owners.

In a demonstration at a Tokyo showroom, an owner of a plug-in Prius hybrid found out through a cell-

phone message from his Prius that he should recharge his car overnight.

When the owner plugged in his car to recharge it, the car replied, "The charge will be completed by 2:15 a.m. Is that OK? See you tomorrow."

Since many next-generation cars need to be recharged, drivers may need real-time information, such as the battery level of their cars and locations of charging stations, more than regular gas-engine cars.

The exchanges can be kept private or be shared

"I hope cars can become friends with their users, and customers will see Toyota as a friend."

PRESIDENT AKIO TOYODA

with other Toyota Friend users, as well as made public on Facebook, Twitter and other services.

If your car is up for an inspection, for example, the owner will be notified through Toyota Friend, which will in turn automatically link to a dealer

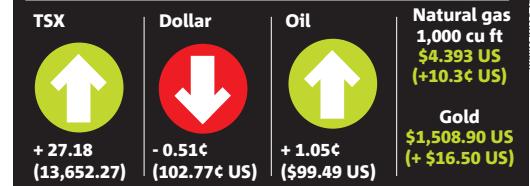
to set up an appointment.

The companies did not give details of how the technology, such as the content of the talking car's dialogues, will be managed. But officials said the answers will be automated through sensors in the car.

Many cars are already equipped with network capabilities that can function as a mobile device. Toyota's service will start in Japan in 2012, and will be offered later worldwide, initially with electric vehicles and plug-in hybrids, according to Toyota.

**THE ASSOCIATED PRESS**

## Market moment



## Greece's borrowing rates hit new record

Greece's borrowing costs surged to another record yesterday, as the crisis-hit country's prime minister chaired emergency talks to deepen austerity measures beyond his own government's term in office.

A cabinet meeting began as yields rose above 17 per cent for Greek 10-year bonds, hitting a new record margin — or spread — over the benchmark German rate.

Greece suffered another bond downgrade late Friday from the Fitch ratings agency, lowering its investment ranking by three notches deeper into junk status. Prime Minister George Papandreou conceded over the weekend that plans to return to bond markets next year may not be achievable.

The European Union wants cross-party support in Greece for a new 2011-2015 austerity program. Papandreou is to meet opposition leaders today in

**\$32.8B** The EU wants cross-party support in Greece for a new austerity program, worth at least \$32.8 billion.

an effort to seek consensus.

His government is also finalizing additional austerity measures for 2011 worth \$8.5 billion, or double the original amount planned, to correct this year's disappointing fiscal performance — in fresh cuts expected to sweep away tax exemptions and possibly slap additional taxes on wealthy home owners.

The government is also to consider layoffs in the traditionally well-protected civil service, which could spark protests.

The economy is being kept afloat by \$156.6 billion in a 2010-2013 package of rescue loans from European countries and the International Monetary Fund.

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► Women walk past pictures of Syrian President Bashar Assad in Damascus, Syria, yesterday. The EU imposed sanctions on Bashar Assad because of his government's continuing crackdown on anti-government protesters.

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## Syrian leader faces power freeze

More than 900 people have reportedly been killed since the government's crackdown on protesters. The 27-nation EU instituted an assets freeze and visa ban on Syrian President Bashar Assad and nine other members of his regime.

# IF AT FIRST YOU DON'T SUCCEED ...

## SHE SAYS ...

JESSICA NAPIER  
METRO



Before you go any further I should warn you, this is not an inspiring column about chasing your dreams and doing what you love. This is about expectations management and some realistic advice on how to get a job (any job).

Every May, a fresh crop of university graduates emerges from the cosy bubble of undergraduate life, ready to face the rejection-letter reality of the working world. Don't worry, we've all been there.

"What have I done with my life ... why did I ever get an arts degree?"

But don't fret new grads, you won't be broke forever. Eventually, you will get over your quarter-life crisis, get off the couch and you will find a job. It might not be right away, but employment will happen, just as long as you don't do any of the following:

**Be lazy:** Spelling and grammatical errors on your résumé are inexcusable; as are limp-wristed handshakes. Never underestimate how far a firm grasp and a properly placed semicolon will take you.

**Make demands:** Asking an employer to postpone your start date until after your birthday, indicating that you will need to bring your German shepherd into the office every Friday or any other outlandish requests will not be tolerated in today's cutthroat job market.

**Be obnoxious:** A hard and fast way to never get hired is to indirectly insult the person doing the

hiring. A friend of mine, a manager at a retail store, recently interviewed a new grad for a sales position. This is what transpired:

Question: "Where do you see yourself in five years?"

Answer: "Well, I'll be 26 by then (gasp — the horror!) so I'll probably have my life figured out — you know, have a real job."

My friend was unimpressed. And by the way, I don't know any 26-year-olds who have their lives "all figured out." In fact, most of the people I know younger than 40 are still trying to get it together.

**Be a social media saboteur:** Avoid tweeting excessively about failed interviews, bad-mouthing former employers or any other spiteful online commentary that would make you a human resources nightmare.

**Feel entitled:** Just because this isn't your dream job doesn't mean you are too good for it. If you are a desperate 20-something living in your parents' basement looking to pay off some student loans, then be prepared to settle.

And if all of your hard efforts don't pay off, just remember, there's always grad school.

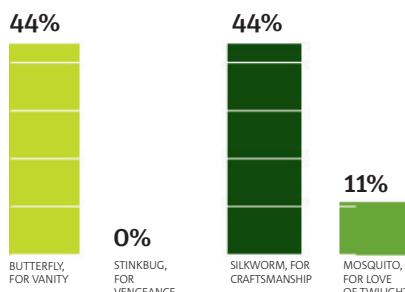
Read more of Jessica Napier's columns at [metronews.ca/shesays](http://metronews.ca/shesays)



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If you had to be one of these four bugs, which would you be?



## Local tweets



@shane\_p\_day: Since when did #yeg turn into #yvr?

We only get a few days of nice weather here and I'd like it back please. #kthxbai

@RadioSalesGuy: Newsflash: Harold Camping f/Family Radio blames unusually gr8 weather on May Long wknd in #yeg 4 inaccurate prediction on world s---storm

@Marty\_Chan: First weekend on bicycle. Rode 55 km worth of river valley trails. My legs have decided to stop talking to me. #yeg

@theleanover: My version of camping is sitting at a Starbucks patio during mosquito season. #yeg  
► @gretzkytokurri: Sooo 2 people were shot at an Earls by my house today! Wtf is going on in #yeg?  
► @#yeg: I am a hostage in my own home due to the Mosquitos There are 25-30 sitting on my front door Opened it to get the paper and was swarmed  
► @MelisaBergeson: I keep saying a promise of 6+ trips to Florida per year might be the only way you'd get me to move to #yeg ;)

## Worth mentioning

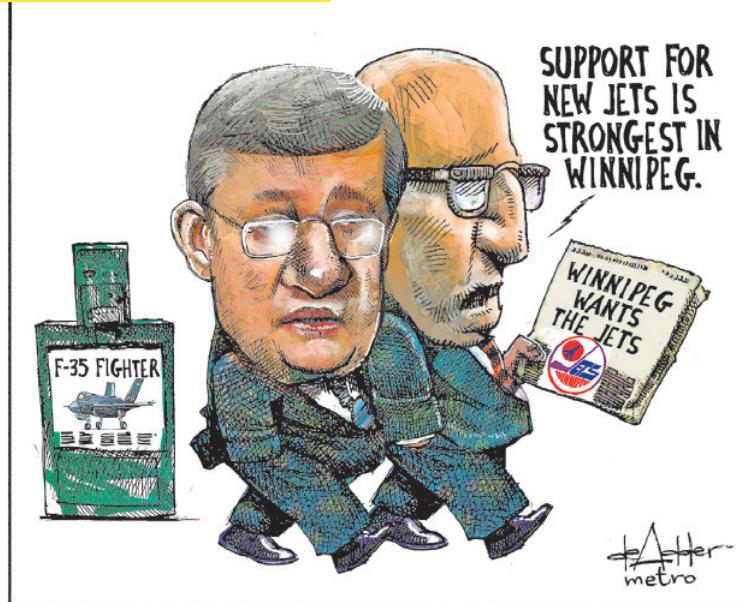
**CAIRO, Egypt.** A Saudi woman was arrested for a second time for driving her car in what women's activists said yesterday was a move by the rulers of the ultraconservative kingdom to suppress an Internet campaign encouraging women to defy a ban on female driving.

Manal al-Sherif and a group of other women started a Facebook page called "Teach me how to drive so I can protect myself," urging authorities to lift the ban, and posted a video clip last week of al-Sherif behind the wheel in the eastern city of Khobar.

The page was removed after more than 12,000 people indicated their support for its call for women drivers to take to the streets June 17 in a mass drive.

Al-Sherif, a 32-year-old IT expert, was arrested at dawn yesterday and accused of "violating public order," according to a security official who spoke on condition of anonymity because he was not authorized to speak to the media. She was ordered held for five days while the case was investigated. **THE ASSOCIATED PRESS**

## Cartoon by Michael de Adder



## WEIRD NEWS

### No problem catching this tiger by the tail

Police scrambled helicopters and ordered tranquilizers to hunt what they feared was an escaped wild animal in southern England — but found the tiger was just a toy.

Hampshire police say they responded after several residents called in to say they had seen a white tiger in a field near a golf course in Hedge End, near the English coastal city of Southampton.



The toy tiger.

A tongue-in-cheek recorded message posted to the force's media line said that after "a brief stalk through the Hedge End savannah ... it became obvious that the tiger was a stuffed, life-sized toy."

A second message posted yesterday emphasized police had a duty to take such sightings seriously. As for the renegade tiger? "It's being treated as lost property." **THE ASSOCIATED PRESS**



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# 2

## scene

## Box office



The reengineered *Pirates of the Caribbean* sequel *On Stranger Tides* found its smoothest sailing overseas, where it took in a record \$256.3 million at the international box office, according to studio estimates yesterday.

**THE ASSOCIATED PRESS**

# The wolf pack is back

► Bradley Cooper, Zach Galifianakis and Ed Helms return, this time in Bangkok. With a monkey.

  
**NED EHRBAR**  
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METRO WORLD NEWS IN HOLLYWOOD

After the life-threatening escapades of the first *Hangover* film, you'd think the "wolf pack" — played by Bradley Cooper, Ed Helms and Zach Galifianakis — would learn to take it easy when celebrating before a wedding.

But *The Hangover Part II* finds the three in a familiar predicament — though in a very unfamiliar location.

In Thailand for Helms' character's wedding (at a plush island resort), the three wake up in a rundown Bangkok hotel room with no memory of the night before — and once again missing a member of

their party. But the exotic location isn't the only thing different about the sequel.

"This movie is more about the dynamic of the three guys, and you really get to know them," Cooper says. "For me, watching the first one, it could almost be boiled down to one joke. The whole movie's a setup and the punch line is the credits. When you get to the end of this movie, I'm excited to see the credits, but that's not what I've been thinking about the whole movie."

Revisiting the characters meant getting to show different sides of them, something Galifianakis was thrilled about.

"I think we all wanted to see us turning against each

other a bit, which was fun to watch. It kind of calls for it," he says. "I think that was something kind of new that we explored."

Of course, what was most exciting for the co-stars was heading to the other side of the world to film.

"I just fell in love with Bangkok. We spent two weeks in a resort town, and I couldn't wait to get back to Bangkok," Cooper says, and Galifianakis agrees.

"The jet-lag was a little bit tough, but once you got there and you got settled in, the people are so brilliantly nice that you feel welcome. It's a great society, it really is," he says.

Settling in to Bangkok, Cooper found himself eschewing the local cuisine.

"I actually took a liking to Top Menu, which was a Chinese restaurant that I ate a lot at in Bangkok," he says, though Helms is quick to dismiss his costar's culinary choices.

"It really is just like any Chinese takeout place in New York City," Helms says.

Of course, that attitude — and an appetite for more authentic cuisine — may have been responsible for some major discomfort. The *Office* star suffered while on location.

"I had a very serious hurdle to get past the first week, which was severe food poisoning," Helms says.

"It never fully went away, and maybe I should just leave the rest up to

your imagination. Let's just say my body exploded."

While the guys don't wake up with a tiger in their bathroom like in the first film, the animal kingdom is well represented by Crystal, a monkey in a denim Rolling Stones vest with a nasty smoking habit. "Crystal turned out to be kind of this miracle monkey. She's incredible, she can do anything," Cooper says.

"The only downside to Crystal is she has very long claws, and you don't want to get Crystal around an elephant," he warns. "There was one scene where we were walking down the street and there was an elephant, and she kind of destroyed my shoulder."



After marriage to ex-Beatle, N.Y. transit board member Nancy Shevell will be Lady McCartney

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# Hiccups goes Hollywood for Season 2 premiere

► Series features Brent Butt as the life coach of real-life wife Nancy Robertson, a volatile children's writer ► Second season kicks off May 30



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Despite having starred in two hit comedies, Brent Butt is still uncomfortable calling himself an actor.

"I look at myself as an entertainer who does some acting," says Brent, who is back for season two of *Hiccups*, which he created and stars in with wife Nancy Robertson.

"And I've gotten much better as an actor. But I act within a certain emotional range. If I had to hold a dying child in my arms and scream to the gods — I'm not sure I could pull that off."

In *Hiccups*, Brent plays the easygoing life coach Stan Dirk — who is given the unenviable task of keeping the loud, volatile children's writer Millie Upton (Robertson) out of trouble.

"She's very likable because she's like a wide-eyed child," explains Butt. "But in that sense, she also has fits like a child. It'd be too tiring if she was just a jerk. She's more a jerk full of wonder."

In May 30's season opener, Mil-



► Brent Butt

lie and Stan take a trip to Hollywood to finalize a movie deal. But it all ends as expected when Millie finds herself in an "incident" outside Grauman's legendary Chinese Theatre.

"We wanted to start the season with a bang. And it turned out to be a fun episode. Maybe too much fun. We ended up shooting way too much in Hollywood."

Butt says he learned a lot during the first season of *Hiccups*. "You've got to

remember we had already written half the episodes before we even hired the cast," he says.

"You learn lots just by doing it. You learn the

rhythm of the show and the voice of the characters and you start to write to that. Comedy is all about rhythm. Well, mostly ..."

Sounds like Butt has put a lot of thought into the nature of being funny. Has he ever considered lecturing on comedy?

"I've been asked but generally decline. Comedy kind of refuses to be analyzed. It stops existing once you get scientific about it."

The second season of *Hiccups* premieres May 30 at 8



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# Ready for prime time

► As MTV Movie Awards host and budding movie star, centre stage beckons for Jason Sudeikis ► Saturday Night Live veteran got his start in improv

As several cameras and a large film crew hover around him, Jason Sudeikis is enjoying the attention.

"Think about how long this lighting would take if I didn't have perfect bone structure," he says, smiling. "Show off God's work."

Sudeikis is shooting promotions for the MTV Movie Awards, which he'll host June 5. As he lists the attendees, he riffs effortlessly ("Blake Lively ... nice guy?") and ponders the Scrabble points in "Shia LaBeouf."

The awards will introduce Sudeikis to millions of viewers just as he's making his largest splash on the big screen. He stars in the up-



► Jason Sudeikis

is usually grinning broadly.

"I always liked smart asses," he says. "I probably wanted to be Axel Foley from age nine until 38. In three years, I'll probably stop wanting to be Axel Foley. I like people that laugh, smart asses that also laugh, that don't take any of it too seriously. Love Ace Ventura. Love Groucho Marx. Love Bugs Bunny."

Sudeikis didn't sincerely pursue comedy until he came to the famed Chicago improv troupe Second City in 1997. His family had some familiarity with showbiz: Sudeikis' uncle is George Wendt (*Cheers*). Wendt's success, Sudeikis says, pacified his parents in accepting entertainment as a career. At Second City, he "dove in completely" to improv and helped develop a Las Vegas offshoot.

For the veteran Saturday Night Live cast member, centre stage is a relatively new vantage point. Hosting the MTV Movie Awards (the last two hosts were Andy Samberg and Aziz Ansari) has been a kind of platform for rising comedians on the cusp. "A platform either to dive beautifully off of or to fall completely off of, but a platform nevertheless," says the 35-year-old Sudeikis.

Though born in Virginia, Sudeikis was raised in Kansas City, Kan., and has a Midwestern aw-shucks candour. But he often uses a cheery facade for arrogant or oblivious characters.

Whether playing U.S. Vice-President Joe Biden or the devil,

Sudeikis

came

a cast member in 2006 as part of one of the show's best classes: Kristen Wiig, Bill Hader and Andy Samberg. Sudeikis and Wiig often wrote together and one of their late-night, gum-chewing sessions led to an early recurring hit: "Two A-Holes."

Sudeikis says this SNL season, which concluded this past weekend, has been one of creeping nostalgia, as he, Wiig, Hader, Samberg realize their time together is waning. "We all sort of realize that you're not going to do this forever," says Sudeikis, who expects to return next season.

But they all have other projects now, too. For Sudeikis, most notably, there's *A Good Old-Fashioned Orgy*, an R-rated comedy in which a group of friends decide to have an orgy. It's a generational kind of film with characters in their late 20s and early 30s — stuck between the free-love '60s and the sexting '00s — insisting on their own chance for sexual inhibition.

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**Genre:** Comedy/Adventure  
**Director:** Kelly Asbury  
**Stars:** James McAvoy, Emily Blunt and Maggie Smith  
 3½

What do you get when you start with the world's most famous play, update it with a baseball team's worth of writers taking inspiration from Shrek and Toy Story, spice the resulting masala with music by Elton John (classics and new tunes) and Lady Gaga, add a laundry list of well-known voice actors — including Hulk Hogan, Maggie Smith, Patrick Smith and Dolly Parton — then have the whole concoction processed at the Disney animation factory?

You get Gnomeo and Juliet, that's what. The garden gnome version of Shakespeare's romantic tragedy that somehow works better than it has



any right to.

The painted ceramic version of the oft-told story is set in motion when spunky Juliet (Emily Blunt), wearing a crimson cap, meets and falls in love with Gnomeo (James McAvoy), a blue-hatted garden ornament. The two live in adjacent houses in a brightly rendered English suburb.

But the route to love is not to be a smooth walk down the garden path for these two. The obstacle? When the lawn-lost lovers meet they are both wearing disguises, so are

unaware their romance is forbidden. They don't realize they belong to feuding families whose antipathy extends to their respective garden gnomes. (In this family feud, old clan scores are fought with lawn-mower drag races instead of deadly sword duels.)

While this G-rated Disney offering is unlikely to be remembered as the apotheosis of the animation art form, at a blessed 84 minutes, Gnomeo & Juliet gets the job done right for the short set. **PETER HOWELL**

**I Am Number Four**

**Genre:** Sci-Fi/Thriller  
**Director:** D.J. Caruso  
**Stars:** Alex Pettyfer, Timothy Olyphant and Dianna Agron

In I Am Number Four, John Smith (the very pretty Alex Pettyfer, a former model) is the new kid on the block in a small Ohio town called Paradise, where he lives with his guardian, Henri (Timothy Olyphant).

John may have the most common name in America, but he's no common guy. He's actually Number Four, and he's not from this planet at all.

John's a stranger in a strange land; he's one of nine alien fugitives from the destroyed planet of Lorien who have made their way to Earth. Another race of aliens, the evil and vaguely fishy Mogadorians, are hunting the Lorien survivors, who must be exterminated in



numerical order.

Lorien survivors One, Two and Three are already dead; John, Number Four, is next on the Mogadorians' list.

As anyone aged from 12 to 20 on planet Earth — and their beleaguered parents — will tell you, it

ain't easy being a teen. Imagine how hard it is to be an angsty alien teen, who's developing superpowers as he morphs from Loric child to adult.

But a first love with Sarah (Dianna Agron, who plays cheerleader Quinn on TV's Glee) helps John with his life on Earth. And Agron, along with Australian actress Teresa Palmer, who plays Number Six, keep the pretty quotient going.

I Am Number Four, with its attractive young people, ugly CGI monsters, giant explosions and superhuman alien stunts, may have enough going for it to get its target teens to fire up the DVD player and sit down for a bit.

But when they realize they're being pandered to with a limp script, they might just get up to make some popcorn and forget to wander back.

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## Celebrity tweets



So...my husband just got deported from Japan. I am so sad. I brought him all this way to show him my favorite place  
@katyperry



@rustyrockets

Planning escape from Japanese custody. It's bloody hard to dig a tunnel with a chopstick  
@rustyrockets



@justinbieber  
for once waking up because of jet lag is great .... because i just found out we won 6 AWARDS 2nite!! I THOUGHT IT WAS 3!!! CRAZY!!  
@ConanOBrien



I'm not a competitive eater unless someone orders French fries "for the table."  
@ConanOBrien



# Shriver could be in for a big payout

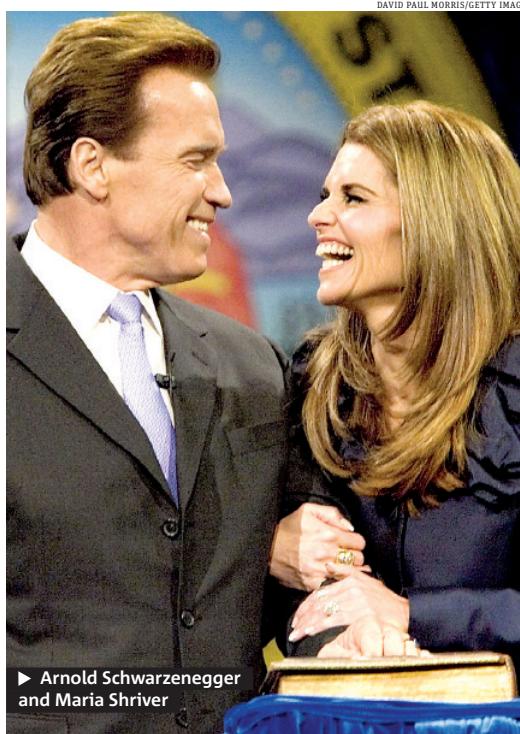
► Couple have not filed for divorce yet

If Maria Shriver decides to divorce Arnold Schwarzenegger after revelations of his fathering a child with a former household employee triggered the couple's separation, it could prove to be one of the costliest settlements in recent history, trumping even Tiger Wood's \$110 million payout, according

to Page Six. Given the former California governor's estimated worth, Shriver could walk away with more than \$200 million, despite a prenup sources believe the couple signed.

Neither Shriver nor Schwarzenegger have filed for divorce yet.

• METRO



## Cole told to break up with Dancing boyfriend

Before breaking into U.S. television, X Factor judge Cheryl Cole is reportedly receiving some very personal demands from her bosses. Fox executives want Cole to ditch her boyfriend of one year, Dancing with the Stars hoofer Derek Hough, according to the Mirror.

"Show producers have told her that being single would do wonders for her image. And there would be no shortage of guys in L.A. lining up to go on a date with Cheryl," a source says.

"Derek may be dreaming of worldwide stardom, but he's seen as a small-time dancer on a TV show ... and pretty uncool. TV executives are thinking that if she's going to win over Hollywood, she'd be better off doing it as a sassy and single girl-about-town."

• METRO

JOEL RYAN/THE ASSOCIATED PRESS



## Beatrice's odd hat fetches big money

Princess Beatrice's infamous tan, octopus-like hat worn at Prince William's wedding last month has been sold on eBay for more than \$130,000, according to E! Online.

Proceeds from the auction will benefit UNICEF U.K. and Children in Crisis through Princess Beatrice's Little Bee Initiative campaign.

"I've been amazed by the amount of attention

the hat has attracted," Beatrice wrote on the hat's auction page.

"I hope whoever wins the auction has as much fun with the hat as I have."

• METRO



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## Aspirin makeover



Bayer is looking for a speedy remedy for stagnant aspirin sales. The company, whose name is synonymous with the pain reliever, introduced a reformulated aspirin yesterday that works in half the time of its regular aspirin. Expanding its demographic is key to budging Bayer's 14.6 per cent market share.

THE ASSOCIATED PRESS



Europe OK'd Pfizer, Bristol-Myers blood thinner for hip, knee replacement patients.  
Scan code for story.

# Knee pain got you down?



► Research found that doing hip exercises with an exercise band for three weeks led to a 50 per cent reduction in knee pain.

## ► Simple exercises can strengthen hips and help heal knee injuries

 CELIA MILNE  
LIFE@METRONEWS.CA

Great news for runners and would-be runners: Easy and inexpensive hip exercises have proven to prevent knee injuries and keep you on the road.

"I like the simplicity of it," says Reed Ferber, director of the Running Injury Clinic and an associate professor in the faculty of kinesiology at the University of Calgary. "There

### How not to run

Running injuries are common. Research shows half of runners get injured every year. And 80 per cent of those injuries are from the knee down. Many of these are preventable by avoiding training errors. Here are some don'ts from Reed Ferber.

- DON'T increase your distance by more than 10 per cent a week.
- DON'T run faster than you are ready for just to keep up with another runner.
- DON'T all of a sudden go outside and run 5 km if you've been running 5 km on a treadmill for several months.
- DON'T run 8 km if you are only supposed to run 5 km.
- DON'T run if you are injured. Seek help from a sports medicine professional.

have been lots of gimmicks with shoes and orthotics. This is a piece of \$8 surgical tubing. Doing two simple exercises can have such a positive impact on runners."

Ferber believes that hundreds of thousands of Canadians could benefit from these exercises. "Four million people are engaged in formal running programs. Triple that for running recreationally."

Scientific studies show that 50 per cent of runners get injured every year. About 80 per cent of those are from the knee down and half are at the knee.

"Let's say all Canadians who run did these two exercises, even if we were able to reduce injuries by 10 per cent, that's 400,000 runners."

Even in those with mild to moderate knee osteoarthritis, these hip-strengthening exercises can reduce pain in the knee.

Using gait analysis technology, Ferber and colleagues found that doing the hip exercises (strengthening the hip abductor and the hip gluteus medius muscles using an exercise band) for three weeks led to a 40 per cent increase in hip strength and close to a 50 per cent reduction in knee pain.

Their study was published in a recent issue of the Journal of Athletic Training.

For more, visit [runninginjuryclinic.com](http://runninginjuryclinic.com).

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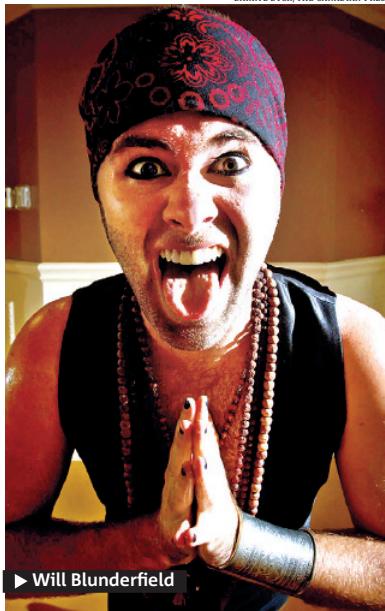


# Bringing Glee to yoga

► Hot hatha yoga teacher empowers students, puts musical twist on classes ► First album, Hallelujah, will be released worldwide in July



► Blunderfield mixes rock 'n roll and musical theatre with yoga poses.



► Will Blunderfield

It's a glistening 40 C in the yoga studio where three rows of students sitting cross-legged on mats wait patiently, hands at heart in prayer.

"Let's begin by singing three times the bonjo-vi chant," says the instructor, "followed by Om."

We prepare with a deep, cleansing breath.

"Whoohah, we're halfway there," he belts out, surprising newcomers to the drop-in class. "Whoohah-oh! Livin' on a prayer."

If Sanskrit swapped for a popular rock anthem is any indication, this is no typical yoga class. Sporting eyeliner, black nail polish

and a wicked grin, Will Blunderfield dubs it "Glee Yoga," a nod to the hit TV series.

One thousand students cram into the 25-year-old's self-styled classes at five studios across the Vancouver area each week to participate in the ancient practice with Blunderfield's musical theatre twist. He teaches all the traditional poses in his hot hatha yoga classes, but they're exuberantly spiked with Tony Robbins-like motivational affirmations and set to a sensational score.

He jokingly describes himself as Richard Simmons' love child with

Capt. Jack Sparrow.

"With who he is, you'd think he'd be limited in who he would attract," says Lara Kozan, co-founder of Yyoga studios, which aims to make yoga more accessible.

"Whoever you wouldn't think would resonate with his class, he has those people resonating too. They might have their eyebrow up for the first half of the class, and then they're singing along for the rest."

It may be because of Blunderfield's message: "Follow your heart, love yourself, there's nothing wrong with you," he says.

THE CANADIAN PRESS

**Yoga pose.** Shoulder stand/Sarvangasana

## What you do:

- 1 Lie on the floor on your back with your arms at your side, palms down.
- 2 Bring your legs up at a right angle to your torso.
- 3 Lift your pelvis, torso and tush off the floor.
- 4 Bend your elbows and support your back with your hands
- 5 Lift your legs and hips upward, moving your hands towards your shoulder blades.
- 6 Steady your spine when you have reached a position where your legs and torso are at a right angle to the floor.
- 7 To come out of the pose safely, move your legs towards your head. Slowly roll your spine back down.

STEPHANIE KNUTSSON,  
BODYISM YOGA INSTRUCTOR



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# Vegans in vogue

► We used to think of vegans as skinny, pale-faced hippies that would rather eat soil than food with flavour  
 ► But a plant-based diet can be healthy and sexy



**ROMINA  
MCGUINNESS**  
**METRO WORLD NEWS**

For years, the general line concerning vegans has been: "They look emaciated and live off cardboard. And they're annoying as hell at dinner parties."

The thinking now: "Vegans are slim, sexy and generally healthier than people that include animal produce in their diet. Even if they're still slightly annoying at dinner parties."

Being a vegan involves scrapping all animal produce from your diet — no meat, no eggs, no dairy and no honey.

For a long time, the word "vegan" used to send a chill down people's spine as they associated it with deprivation, tasteless meals, malnourishment and poor health.

## Cheating tip

► **Creamy cashew:** Take a handful of cashews and soak them in one inch of water overnight. The next day, blend them and what you get is a thick rich cream that can be used as a base for soups and sauces.

Over the past two decades the global praise of protein-heavy diets such as Atkins and Dukan has left people with little faith in the vegan way of life as most assume that by surviving off seeds, fruits, legumes, vegetables and soy, vegans lack in essential nutrients necessary for maintaining good health.

Lie, say vegan chefs. It's actually much better for your health.

Kathy Freiston, author of the book Veganist, says she can prove it. A vegan for seven years, Freiston made the transition from a typical southern girl raised on fried chicken to a dairy-loving vegetarian to, finally, veganist.

"Within weeks of going vegan my energy levels soared and my skin cleared," she says.

Being on a vegan diet dramatically lowers cholesterol levels (the sole source of this being animal produce) and blood sugar levels, and increases natural metabolic rate.

Although humans are omnivores, our bodies thrive on a plant-based diet that over time promotes lower rates of heart disease and obesity.

"A plant-based diet has a high thermal effect as calo-

**"Within weeks of going vegan, my energy levels soared and my skin cleared."**

KATHY FRESTON, VEGANIST

ries are burnt as heat, for up to three hours after your meal calories are burnt at a rate 16 per cent higher than a regular diet," says Freiston.



► A chocolate cake without eggs? We'll take it.

## 3 VEGAN PHONE APPS



### VEG OUT

► When a friend says, "Let's check out this steakhouse," open this app to find a vegetarian option nearby. It's got a huge database.

### VEGANEXPRESS

► This useful app tells you which entrees are vegan at popular chain restaurants.

### HAPPY COW

► Another restaurant guide, this is the definitive resource for meat-free restaurants.

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# Cheese-free mac 'n' cheese

Vegan chef Chloe Coscarelli shares her recipe for cheeseless mac 'n' cheese. It gets its yellow colour from nutritional yeast and is loaded with B vitamins. For more, see [chefchloe.com](http://chefchloe.com).

## Preparation:

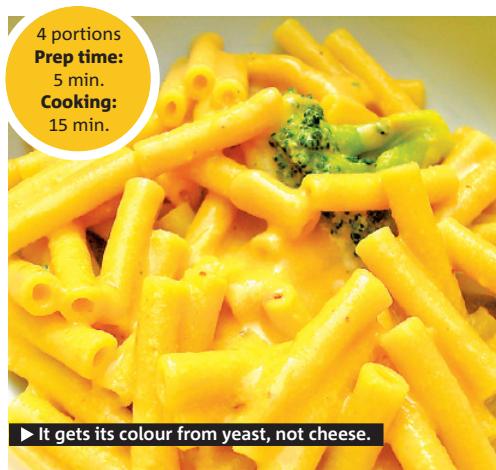
1 Cook pasta.

- 2 In a saucepan whisk the margarine and flour over medium heat for 3-5 minutes. Add milk, yeast, tomato paste and garlic powder and bring to boil, whisking frequently. Reduce heat to low and let

### Ingredients:

- 1 pound pasta
- 1/4 cup soy-free margarine
- 1/3 cup flour
- 3 cups non-dairy milk
- 1 cup nutritional yeast
- 2 tablespoons tomato paste
- 2 teaspoons sea salt
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice
- 1 cup broccoli florets (steamed)

simmer until it thickens. Adjust seasoning to taste and stir in lemon juice. Toss noodles with the sauce and broccoli.

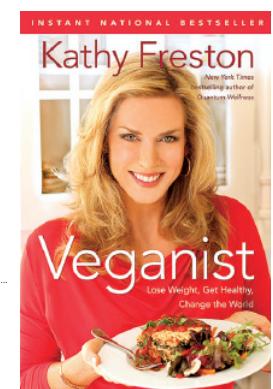


► It gets its colour from yeast, not cheese.

### Don't go without

The four food groups to include in a vegan diet:

- 1 Protein: One of the biggest misconceptions of a vegan diet is lack of protein. Move away from animal protein and go for nuts, seeds, tofu, beans, legumes, chickpeas and seitan.
- 2 Complex carbohydrates: Go for sweet potato, brown rice, quinoa, barley and yam.
- 3 Vegetables: Try broccoli, chard, kale and spinach.
- 4 Fruit: Try apples, raspberries, bananas, grapes, mango and pineapple.



## Try it out

Freiston admits that going vegan is a challenge that requires effort and willpower. "We have an emotional bond with food so it's about changing (or sacrificing) life-long habits. Go at your own momentum. For example, if you love your coffee with cream, switch to a soy-based creamer, almond or rice milk."

# Boys not immune to body image pressures: Study

Whether they're longing for a slimmer waistline, pumped up biceps or washboard abs, feelings of body dissatisfaction are experienced by many teen girls and boys.

While much is made of the pressures on young women to fit within often-narrow body and beauty ideals perpetuated in media, researchers say young men aren't immune to similar stressors.

U.S. researchers recently conducted a small study of male and female students at Boston-area high schools who tested Bodimojo, an online health and wellness website.

"For boys, it's more about not sexualizing them per se but more trying to grow them up into the 'Be the man, be tough, be strong, be all that a man is supposed to be,'" said Roberto Olivardia, a

clinical psychologist and clinical instructor at Harvard Medical School.

Olivardia said for many boys, it's not so much an issue of weight as it is shape and fitness.

"Even boys I've worked with with eating disorders who are more restrictive eaters or even more on the anorexic side ... most of them don't idealize being skinny per se, but they idealize being lean. And muscle is a huge component of boys' body image, certainly much more so than what you see with girls."

While influences come from multiple places, Olivardia said it's hard to deny the role of media in shaping boys' body image.

"Nowadays, for teenage boys, they walk into an Abercrombie and Fitch store and they are immediately greeted by an entire wall image of a young guy



► Actor Vin Diesel represents the "hyper-muscular" ideal.

with perfect pecs and very muscular biceps, so the imagery is definitely much more intense than it even was 10 years ago."

The Internet and social media sites are also placing greater emphasis on appearance, he said.

THE CANADIAN PRESS

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**metro**

# Combine fruits & veggies for fresh take on stir-fry

Stir-fries are a fast dinner for people on the go and this one is no exception.

All of the Asian ingredients are available at most supermarkets.

## Preparation:

**1** In a small bowl, stir all of the sauce ingredients together, adding your desired amount of hot Chinese chili garlic sauce, until mixed and cornstarch has dissolved.

**2** Thinly slice the chicken into bite-size strips. Snap tough ends from the asparagus, then slice it diagonally into pieces about 5 cm (2 inches) long. Slice the red pepper into large bite-size squares, cut plums into

wedges and thinly slice green onions.

**3** Heat oil in a very large frying pan or wok over high heat. Add the chicken and stir-fry until golden-tinged. Add ginger and garlic and stir-fry for 1 minute. Add asparagus and bell pepper and continue to stir-fry for a couple of minutes until just tender, adjusting heat as necessary.

**4** Add sauce to stir-fry. Stir continuously until bubbly and thickened, about 1 minute. Then add fruit and green onions. Stir just until hot, about 2 more minutes.

THE CANADIAN PRESS/ EXPERIENCE CALIFORNIA



► This ginger chicken stir-fry uses fruit and vegetables.



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## Ingredients:

### Sauce

- 75 ml (1/3 cup) water
- 45 ml (3 tbsp) oyster sauce
- 30 ml (2 tbsp) soy sauce
- 15 ml (1 tbsp) dark sesame oil
- 5 to 10 ml (1 to 2 tsp) hot Chinese chili garlic sauce
- 10 ml (2 tsp) cornstarch

### Stir-Fry

- 2 skinless boneless chicken breasts
- 250 g (1/2 lb) asparagus
- 1 sweet red or yellow bell pepper
- 2 plums or peaches
- 2 green onions
- 15 ml (1 tbsp) vegetable oil
- 30 ml (2 tbsp) finely minced ginger
- 2 garlic cloves, minced

# Elegance, flavour and satisfaction at Haweli

► This restaurant's menu boasts favourites such as butter chicken and naan

## LUNCH RUSH

CHRISTOPHER THRALL  
FOOD@METRONEWS.CA

The elegant interior of Haweli ("private royal residence") looks nothing like its Old Spaghetti Factory origins.

**Haweli**  
1022 103 St.  
780-421-8100  
[haweli.ca](http://haweli.ca)  
Category: Friends, date, co-workers, or family  
Licensed: Yes  
Price range: Mid  
Rating: 4 out of 5

We missed the reputably solid \$9.95 lunch buffet, but were in for an early dinner — without the kids.

We began with a light, refreshing pinot noir (\$8) to beat the heat outdoors. The menu boasted all the rich, mysterious delights we had imagined.

My sadly unadventurous wife ordered the butter chicken (\$15) and pronounced it the best she had ever tasted — which is high praise.

My murgh malai tikka (\$15) was less impressive, though the tender tandoori-grilled chicken was delicious in a pinch of thick paneer naan (\$5).

I'll catch Haweli's lunch buffet soon, to sample

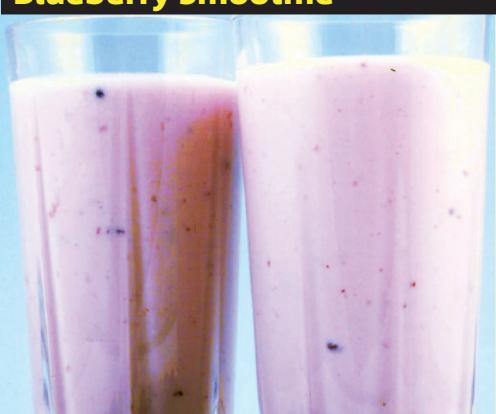


► Paneer naan, murgh malai tikka, butter chicken, rice.

more of the menu. It will also stay on my list of great

downtown dining spot for evenings.

## Blueberry Smoothie



Make this version of the smoothie for your children's breakfast or after-school snack. Frozen blueberries are available in your grocery store's freezer for this fast antioxidant-laden treat.

**2** Pour into glasses; serve immediately.

THE CANADIAN PRESS/  
DAIRY FARMERS OF CANADA

## Ingredients:

- 500 ml (2 cups) milk
- 500 ml (2 cups) frozen blueberries
- 125 ml (1/2 cup) vanilla-flavoured yogurt
- 30 ml (2 tbsp) honey

## Preparation:

- 1** In a blender, combine milk, blueberries, yogurt and honey; puree until smooth.

# CONQUERING A MOUNTAIN AND A HEART

I (Ken) always tell people that my wife, Liz, married me solely because I climbed Mount Fuji, an accusation she denies.

We met in 2007 when we were both teaching ESL at different schools in Busan, South Korea.

Our mutual friend Blake (Cupid disguised as a co-worker) shot me with his love arrow and nudged me in Liz's direction. Over the course of a group trip to Japan, we discovered we shared an identical sense of



CONTRIBUTED

humour, a love/hate relationship with sushi (I love it; she hates it) and a hunger for travel, which would later take us around Asia and a big chunk of Europe together. Before I set off to climb — or conquer,

as I like to say — Mount Fuji, Liz and I locked eyes in the Kyoto train station.

I couldn't tell whether her eyes were saying, "Come back because I like you," or "Wow, you're so brave!" I like to think it was

both. A mere 48 hours later, I returned, tired and wet, but triumphant! We began dating soon after and married in Seoul, South Korea, in 2009 before moving to Toronto, where we still live today. Liz often interrupts my Mount Fuji tale by informing listeners that 200,000-plus people (young and old) climb the volcano every year, so I always end my story by reminding them that out of all those hundreds of thousands courageous souls, she mar-

ried me — making me both brave and lucky.

## WE WANT TO KNOW

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## DESTINED TO TRAVEL FOR TREATS?

**Dear Claire and Andrea, I travel a lot for work and have met great guys in some of the cities I've been to. Lately I've been dating two guys — each in a different city — but I can't seem to find anyone in my own town. What am I doing wrong? Am I destined to have to travel for my treats?**

**Claire:** Dear Travel for Treats,

One of the great side effects of travel is the ability to shed the minutiae of our lives. There are no plumbers to call, no dry cleaning to pick up, no cat litter to scoop. We become a less stressed version of ourselves, less likely to walk down the street ignoring the world, in a cloud of

### TWO SISTERS



ANDREA & CLAIRE  
RELATIONSHIPS@METRONEWS.CA

to-do lists.

Result? We're more open to the people we encounter. And once we do meet someone interesting, the mental checklist we usually subject a potential fling/mate/partner to is that much shorter.

At home, we're either too distracted to notice

those who notice us, or once we meet them, we question whether they should be allowed into our world, and if so, in what capacity.

Spontaneity is exchanged for mind games, openness for caution.

**Andrea:** I envy your position because you don't have to deal with those really boring days, the fat days, the PMS days ... You only get the good stuff because time is short, and your partners try to make it count.

The downside is that it's probably warped your relationship standards, which makes it really hard for potential lovers in your hometown to please you after a while.

Being in a long term relationship myself, I can say that you're missing out on some seriously hot stuff: sweet wake-up calls caressed with morning breath, romantic rendezvous in the frozen dinner aisle, elegant repartees over broken washing machines ... but also, a guaranteed hug when you're in a bad mood, having fun doing the mundane tasks, and you know you're going home with a hottie after that party. Even if you don't get five-star treatment all day every day, the little things really do add up.

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# Self-employed tax tips

## ON MONEY

ALISON GRIFFITHS

MONEY@METRONEWS.CA



Keep self-employed headaches to a minimum by being organized and knowing the tax-filing rules.

The first half of the year is full of deadlines from RRSP contributions to taxes.

And here's another one: the deadline for the self-employed to file a tax return is June 15.

This confuses many new self-employed indi-

viduals because you still must pay tax owing by the same date as everyone else — this year it was May 2nd.

But you have an additional six weeks to get your return into the Canada Revenue Agency.

If you are thinking about striking out on your own or you are a self-employed newbie, here are five common questions fielded by H&R Block about business taxes.

**1. Do I need a business number?** You don't need a number or even to be registered as a business. But you do need to fill out a T2125 Form, which de-

tails your business income and expenses as part of your personal return.

Even students who run a business in the summer can use this form. Don't make the common mistake of listing self-employed income on line 104 (other income).

**2. What about CPP premiums?** If you earned more than \$3,500 you will have to pay.

**3. Do I need to register for HST/GST?** Those earning more than \$30,000 must register for a GST/HST number.

But it is a good idea anyway because you can claim input tax credits for the GST/HST you pay.

**4. What happens if I declare a loss?** Losses can be carried forward to future years to reduce the tax load when your income is higher.

### Recession effect

► During the 2008-2009 recession the number of self-employed in Canada jumped by 100,000 while the number of paid employees sank by 480,000.



► The number of self-employed women has increased by 50 per cent over the past 15 years.

**5. Do I need receipts?** Oh you betcha! Keep everything related to your expenses in separate files for each category.

Don't forget that the expenses must be incurred in order to earn an income. If you are using your car for business, maintain a mileage log.

This can be a bit of a pain but after one base year of log keeping you can move to the new simplified method, which uses the base year percentages.

# POPPING THE QUESTION?

## FUN AND FRUGAL

LESLEY SCORGIE

MONEY@METRONEWS.CA



Engagement rings can be pricey, but they are also an important symbol of commitment in a relationship. Take your time selecting a ring that reflects your values and your budget.

Keep in mind that during lean times, many couples don't even buy an engagement ring, just their wedding band.

Determine your budget before you shop. Avoid massive amounts of debt for a ring and save up! Some diamond experts have recommended that you spend between two and three months' salary on a ring. But, that's not the law. Do what's right for you.

Research the types of rings available and the costs associated with your combination of choices: metal (gold, platinum, silver, etc.), stone (diamond, sapphire, etc.), and setting. Research how the cut, clarity, colour and carat impacts the price.

Investigate the jeweller and get referrals from trusted friends or family mem-

bers. For example, do you want a custom-made ring or one that is ready to go? See if the jeweller has an exchange or return policy just in case.

Bring a trusted ally who can help you wade through the thousands of choices. Consider shopping with your partner so you can make the decision together.

Maximize your budget. Buy a ring that's just less than the next carat size up. For example, buy a 0.8 rather than a 1 carat or a 2.9 rather than a 3 carat.

- Select gold or white gold rather than platinum.
- Choose a different stone, such as a sapphire rather than a diamond.

Negotiate the price. Ask for a discount, present a competitive offer, and talk with the store manager about getting a deal.

- Evaluate the long-term costs of cleaning and maintaining the ring. You can sometimes save on these by purchasing a package up-front.
- See what discounts are available by purchasing online.

Plan ahead for the expense by saving in advance. Avoid store credit as the interest rates are hefty.

One of the most popular websites for engagements is bluenile.ca.

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# Road to the Cup a little steeper for Salo

► 'It's like climbing Mount Everest,' Canuck says of Achilles injury rehab

There's been a lot of painful bumps and twists on the road Sami Salo has travelled.

When the season started, the Vancouver Canuck defenceman wasn't sure if he would ever play hockey again after rupturing his Achilles tendon last summer. Now Salo finds himself just one win away from playing in the Stanley Cup final for the first time in his 12-year NHL career.

"It's been a long journey, not just in a career way," Salo said yesterday after the Canucks practised at Rogers Arena.

"All the blood and sweat you poured during the season has really paid off. It is a really good feeling."

The Canucks take a 3-1 series lead over the San Jose Sharks into Game 5 of the Western Conference final tonight (CBC, 7 p.m.). A win sends Vancouver to the Cup final for the first time in 17 years.

Salo's booming slapshot was a big part of the Canucks' 4-2 win over the Sharks on Sunday. He scored twice on the power play and added an assist. Vancouver scored three power-play goals in a 1:55 span in the second period, all on five-on-three situations.

## Painful past

Injuries have cost Sami Salo over 250 games in his career, but the most devastating came last summer when playing floor ball in his native Finland.

- Friends told Salo it sounded like a shotgun blast when his Achilles ruptured.
- "It didn't hurt at all," he said. "It was just a weird feeling."
- Salo missed training camp and the first 52 games of the season.

They have pushed the Sharks to the brink, but Salo knows the final shove may be the hardest.

"You have to have the killer instinct to try and finish those guys off," he said.

"We have seen that if you're not going out there to win, if you are just sitting back, usually things are not going your way."

Logan Couture said the Sharks are focused on forcing a Game 6 Thursday.

"We're obviously not where we want to be. We'd rather be up 3-1," Couture said. "The reality of the situation now is we're down. We're excited to go to Vancouver and try and win a game." THE CANADIAN PRESS

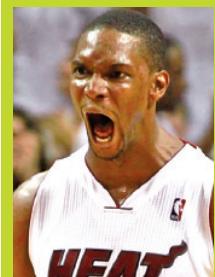


► Vancouver's Sami Salo celebrates his second goal against San Jose in Game 4.

MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

# 4 sports

## Quoted



**"It is the Eastern Conference finals and it's coming down to will and determination. I want people to know I want it."**

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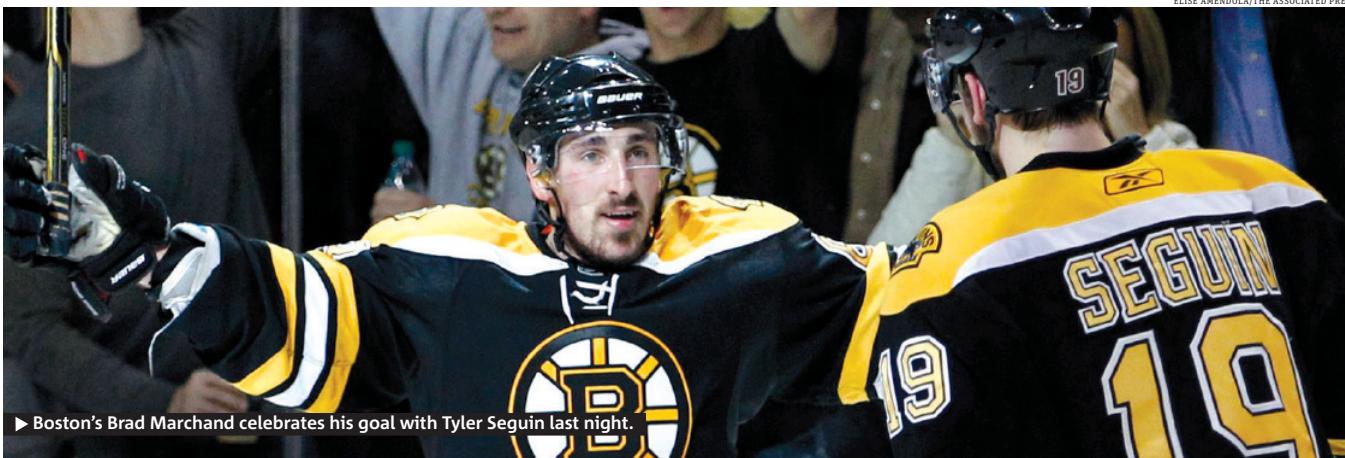


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# Bruins one win away from finals

● Lightning start Smith instead of Roloson in pivotal Game 5 loss

Tim Thomas stopped 33 shots after allowing another early goal, and Brad Marchand scored the game-winner to lead Boston to a 3-1 victory over the Tampa Bay Lightning last night and put the Bruins one win away from the Stanley Cup finals.

The victory gave Boston a 3-2 lead in the best-of-seven Eastern Conference finals, with a chance to clinch tomorrow night in Tampa Bay. The Lightning would need to win Game 6 to force a seventh game in Boston on Friday.

Nathan Horton scored to tie it in the second period, 17 seconds after returning from the penalty box. Marchand scored with 4:04 left in the period to give Boston a 2-1 lead.

Boston managed just 19 shots on Mike Smith as he made his first career playoff start in place of Dwayne Roloson.

Tampa Bay finally managed to pull the goalie with 42 seconds left, but Rich Peverley scored an empty-netter with 12.1 seconds left to clinch it.

Thomas bounced back after allowing four straight goals in Game 4 and may have saved the season when he stopped



BRUINS

LIGHTNING

## INTERVIEW

### Mets owner disses players

Steve Downie with about 11 minutes left, reaching out to put his stick in front of the open net and protect a 2-1 lead. The crowd cheered each time it was shown from a different angle on the scoreboard.

Two nights after Tampa Bay rallied with five straight goals to overcome a 3-0 deficit and win Game 4, Boston shrugged off Simon Gagne's goal just 69 seconds in and staged a comeback of its own.

Gagne, who scored the winner in Game 4, converted a 2-on-1 with Steven Stamkos to beat defenceman Johnny Boychuk and put the puck past Thomas. Horton tied it on a one-timer from Milan Lucic 4:24 into the second period — just Boston's seventh shot.

THE ASSOCIATED PRESS

on April 20.

"Lousy clubs, that's what happens," Wilpon said after the Mets missed an early chance to score, then gave up some runs. "We're snake-bitten, baby."

Reyes can become a free agent at the end of the season. There has been speculation the shortstop wants a contract similar to the \$142-million US, seven-year deal Carl Crawford signed in the off-season.

"He's a racehorse," Wilpon said of the often-injured speedster.

"He thinks he's going to get Carl Crawford money," he said. "He's had everything wrong with him. He won't get it."

Beltran is finishing up a \$119-million, seven-year contract the outfielder signed with the Mets after

his monster 2004 post-season for Houston, when he hit eight homers and scored 21 runs in 12 play-off games.

"We had some schmuck in New York who paid him based on that one series," Wilpon said, referring to himself. "He's 65 to 70 per cent of what he was."

As for Wright, Wilpon said the third baseman is "a really good kid. A very good player."

"Not a superstar," Wilpon said.

In a statement released by his agent, Wright said: "Fred is a good man and is obviously going through some difficult times. There is nothing more productive that I can say at this time."

The Mets are 22-24 and were off yesterday.

THE ASSOCIATED PRESS

## Utley returns to Phillies, bats second

Chase Utley stepped into the carpeted batter's box to take a few swings and the television cameras shone brightly.

This was no ordinary round of batting practice.

Utley was back in the lineup and hitting second for the Philadelphia Phillies after the five-time all-star second baseman missed the first 46 games with a knee injury.

"You guys obviously know I enjoy playing and it's both disappointing and frustrating being on the sidelines and not being able to help," Utley said before last night's game against Cincinnati.

His return couldn't come soon enough for the four-time defending NL East champions. The first-place Phillies are struggling offensively and certainly can use a boost from Utley. Though he is coming off a down season — 275 average with 16 homers and 65 RBIs in 115 games last year — Utley is one of the top hitters in Philadelphia's lineup.

"It's pretty frustrating not to be able to go out and help your team win," Utley said. "But I'm proud of my teammates. They've done an outstanding job these first two months. The pitching staff has been outstanding. I know there's been a lot of negative talk recently on how our offence has been struggling, but that's why we play for six months. It's an up and down game. As long as you stay positive with the other guys, you'll get through that."

Utley spent a few weeks rehabbing his knee in Florida and feels comfortable with the progress in his recovery. He doesn't expect to have surgery after the season, but he might be more willing to take a day off occasionally. Manager Charlie Manuel may not give him a choice.

"Charlie and I will talk on a daily basis and see where we're at every single day, but I definitely want to be out there," Utley said. "I think I know my body better than anybody else."

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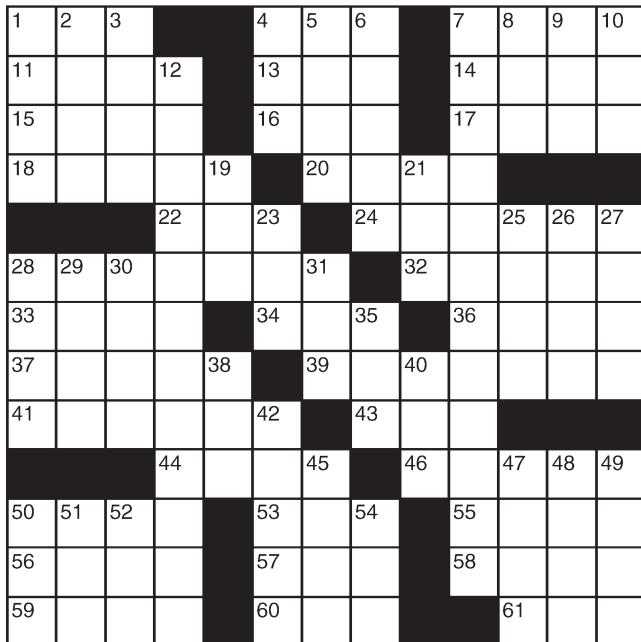
## Crossword

**Across**

1 Aries animal  
4 Mariner's venue  
7 Dutch cheese  
11 Notion  
13 Peculiar  
14 Loosen  
15 Witty poet Ogden  
16 Zero  
17 React in horror  
18 Southern speech  
20 Neap, for one  
22 Charged particle  
24 Looseleaf notebook  
28 Green-eyed  
32 Paris river  
33 Eager, and then  
some  
34 Spigot  
36 Contemporary of  
Virgil  
37 Whom Jason jilted  
39 Transport to Oz  
41 Tangles  
43 Trouble  
44 Mr. Gingrich  
46 Broomstick passenger  
50 Apple's center  
53 Noah's boat  
55 Traditional tales  
56 Renders speechless  
57 Regret  
58 Ogler's look  
59 Charlotte's creations  
60 "Family Guy"  
daughter  
61 Newcomer to society

**Down**

1 Peel  
2 Hebrew month



- |  |                         |                 |
|--|-------------------------|-----------------|
| 3 Small plateau                            | 27 Start over           | 52 CSA soldier  |
| 4 Bart, to Homer                           | 28 Gets stuck           | 54 Small barrel |
| 5 Tend texts                               | 29 Divisible by two     |                 |
| 6 Wing it                                  | 30 Verdi opera          |                 |
| 7 12-Down playwright                       | 31 Perched              |                 |
| 8 "CSI" evidence                           | 35 "Wham!"              |                 |
| 9 Billboards                               | 38 Hearty brew          |                 |
| 10 Swab the deck                           | 40 Tier                 |                 |
| 12 Comedy that debuted on Broadway in 1933 | 42 Honey bunch?         |                 |
| 19 Privy                                   | 45 Verifiable           |                 |
| 21 Affront (Sl.)                           | 47 — the line (behaved) |                 |
| 23 Kook                                    | 48 Saskatchewan tribe   |                 |
| 25 Prima donna                             | 49 KFC additive         |                 |
| 26 Oklahoma city                           | 50 Crow's cry           |                 |
|  | 51 Have debts           |                 |



## ► Friday's answer

## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to metronews.ca

**Aries** March 21-April 20

Someone new will come into your life, someone who brings fun.

**Taurus** April 21-May 21

You need to come down to earth a bit and deal with matters of a practical nature — especially money.

**Gemini** May 22-June 21

Follow your instincts and don't be afraid to change direction. Your head and heart are in harmony.

**Cancer** June 22-July 22

If you want to make sense of recent events, you will have to stand back and put them in a wider context.

**Leo** July 23-Aug. 23 If you want to accomplish more than you have, you must work as part of a team.

**Virgo** Aug. 24-Sept. 22 An idea you had recently is growing in your mind and you know that it could transform your life.

**Libra** Sept. 23-Oct. 23 Start looking forward to all the good things that will very soon be coming your way.

**Scorpio** Oct. 24-Nov. 22 The more you try to give up a habit, the more you end up enslaved to it. Accept it as part of your nature.

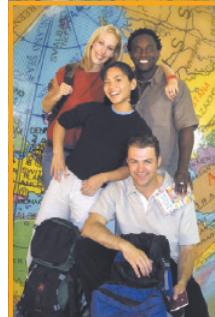
**Sagittarius** Nov. 23-Dec. 21 Flattery may work to an extent but you also need to show people what's in it for them.

**Capricorn** Dec. 22-Jan. 20 Don't let sentiment play a part in your judgment: Results are far more important than your feelings.

**Aquarius** Jan. 21-Feb. 18 Lingering feuds must be swept away. There's no time for them.

**Pisces** Feb. 19-March 20

Make sure loved ones still have a prominent role in your future plans. ■ SALLY BROMPTON

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## Sudoku

2		9						
3			4				8	
9			2	1	7	6		
	4						9	
3	5			8		1	7	
7						2		
7	6	3	1			8		
8			6	5				
			2		4			

## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## ► Friday's answer

9	8	7	2	5	1	4	3	6
6	1	3	4	7	9	8	5	2
5	4	2	3	6	8	9	7	1
8	5	4	7	9	6	2	1	3
2	7	1	8	4	3	5	6	9
3	6	9	1	2	5	7	8	4
1	2	6	5	8	4	3	9	7
4	3	5	9	1	7	6	2	8
7	9	8	6	3	2	1	4	5

## A look at the weather

## TODAY



Min 5°  
Max 16°

## WEDNESDAY



Min 5°  
Max 18°

## THURSDAY



Min 9°  
Max 21°

**Michele McDougall**  **Weather Specialist**  
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 <b>\$13,988</b>	 <b>\$15,988</b>
 <b>\$15,988</b>	 <b>\$15,988</b>
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 <b>\$9,988</b>	 <b>\$10,988</b>
 <b>\$15,988</b>	 <b>\$9,988</b>
 <b>\$33,988</b>	 <b>\$34,988</b>

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 <b>\$28,988</b>	 <b>\$30,988</b>
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